

"Superstar Breakfast" Hot Cereal

Makes: 12 or 48 servings

12 Servings

48 Servings

| Ingredients | Weight | Measure | Weight | Measure |
|---|--------|------------|--------|---------|
| Couscous, dry | | 1 cup | | 4 cups |
| Milk, 1% (low-fat) or fat-free (or water) | | 2-1/2 cups | | 10 cups |
| Apples, peeled, sliced | | 6 cups | | 24 cups |
| Ground cinnamon | | 2 tsp | | 8 tsp |

Directions

1. In medium saucepan, combine milk and cinnamon. Bring to a boil.
2. Add couscous and apples. Cover and remove from heat.
3. Let stand for 5 minutes.
4. Spoon 3/4 cup of mixture into bowls.

Notes

Serving Tips:

Couscous is a great breakfast item that can be topped similar to oatmeal. Try it with different fruits or add honey for extra sweetness.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 90 | |
| Total Fat | 1 g | |
| Protein | 4 g | |
| Carbohydrates | 18 g | |
| Dietary Fiber | 1 g | |
| Saturated Fat | NA | |
| Sodium | 24 mg | |